

YOUTH MENTAL HEALTH & PEER COUNSELING

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An Online Certificate Course on Mental Health

(An initiative by Department of Clinical Psychology under MEET LGBRIMH)

CURRICULUM

Course Overview

Mental health problems often develop during the early life of an individual. As many as 1 out of 5 young people are dealing with these problems. Therefore, it is important that we know how to recognise the early signs of common mental health problems, understand how they arise, and what we can do to prevent them. This course, designed specifically for young people (final year post-graduate students of psychology and early-career psychologists), is to empower them with basic knowledge and competency to become peer counsellors, after successful completion of the whole course. This course is conceptualized as multi-level (Levels-1 and 2), competency-building program. Participants who successfully complete level-1 could opt for level-2 of the course.

Course Objectives

This course intends to impart training into recognizing, preventing and dealing with mental health problems faced by youth. Targeted at post-graduate psychology students, this course deals with broadly three areas:

- (i) what are the most common mental health problems affecting the young people, especially the college-youth
- (ii) what can be done about them and
- (iii) what could you do to prevent and promote mental health of young people?

Training Method

This is a blended training program which combines both Synchronous and Asynchronous learning methods. Total duration of the course is for 12 weeks, comprising of 4 modules. The approximate time to complete the course is about 9 hours of online interaction (1 and a half hours every fortnight) and 24 hours of self- paced e-learning content. Assignments would be provided during the course duration. Self-paced e-learning materials, assignments, audio video lectures, articles, guidelines and discussion forums will be



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provided using **Google Classroom**. Multipoint Videoconference via **Zoom** (free download) will be conducted every fortnight (**Alternate Wednesdays: 4-5.30 pm, Interactive session to happen on next working day i.e., Thursday if the scheduled day is a holiday**) using digital device, such as laptop, smartphone, desktop PC etc. for clarification of doubts, question answers & didactic lectures. Participation in the course would be monitored by Learning Management System.

Eligibility Criteria

(a) Regular Masters students of Psychology / Applied Psychology/ Counseling Psychology, currently pursuing their 2nd year in any UGC recognized University / Post-graduate College

OR

(b) Early-career Psychologists (those who have completed above-mentioned master's degree)

Number of Participants

A single batch will comprise of not more than 30 participants.

Tentative Schedule of Topics

Week	1	2	3	4	5	6	7	8	9	10	11	12
Module 1	Foundations: Looking at Youth Mental Health through various lenses											
Module 2			Mental Health Problems among Youth: Identifying warning signs									
Module 3							Responding to Youth mental health crisis and challenges: Basic strategies					
Module 4											Developing Resilience: Strengths-based interventions among youth	



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Topics for Learning				
Modes	e-text Material	Video Lectures	Audio Podcast	Live Interactive sessions
Modules				
<p>1</p> <p>Foundations: Looking at youth Mental Health through various lenses</p>	<p>a. Dual continua model of mental health and illness</p> <p>b. Risk and resilience model</p> <p>c. Positive youth development model</p> <p>d. Community collaboration</p> <p>e. Translating models into programs and services: promotion, prevention and treatment</p> <p>f. WHO Services Pyramid framework</p>	<ul style="list-style-type: none"> • Dual continua model of mental health & illness • The optimal mix of services & programs for youth mental health 	<ul style="list-style-type: none"> • Social well-being • Risk and Resilience among youth 	<ul style="list-style-type: none"> • Group discussion • Clarification of doubts • Q&A • Introducing module-1 based assignment
<p>2</p> <p>Mental Health Problems among Youth: Identifying warning signs</p>	<p>a. Anxiety</p> <p>b. Depression</p> <p>c. Psychosis</p> <p>d. Substance related problems</p> <p>e. Behavioural addiction</p> <p>f. Suicide and Self-harm</p>	<ul style="list-style-type: none"> • Symptoms of depression • Nomophobia • Warning signs of suicide among Youth 	<ul style="list-style-type: none"> • Behavioral addiction among youth • FOMO 	<ul style="list-style-type: none"> • Group discussion • Clarification of doubts • Q&A • Introducing module-2 based assignment
<p>3</p> <p>Responding to Youth mental health crisis and challenges: Basic strategies</p>	<p>a. Active listening and Empathic responding</p> <p>b. Applying Psychological first-aids in difficult situations</p> <p>c. Facilitating help-seeking by negotiating barriers</p> <p>d. Providing referral-related guidance</p>	<ul style="list-style-type: none"> • Active listening and Empathic responding- <i>In action</i> 	<ul style="list-style-type: none"> • Help-seeking among youth (interview) • Common myths about suicide 	<ul style="list-style-type: none"> • Group discussion • Clarification of doubts • Q&A • Introducing module-3 based assignment
<p>4</p> <p>Developing Resilience: Strengths-based interventions among youth</p>	<p>a) Strength-based Mentoring</p> <p>b) Positive Psychology interventions</p> <p>c) Life skills development</p>	<ul style="list-style-type: none"> • Four-quadrant model of strength-based mentoring • Strength-based interventions 	<ul style="list-style-type: none"> • Positive writing (strength-based intervention) • Life-skills for youth 	<ul style="list-style-type: none"> • Group discussion • Clarification of doubts • Q&A • Introducing module-4 based assignment
FINAL ASSIGNMENT				



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Course Completion Criteria

The following criteria are to be fulfilled to be eligible for the award of Certificate

More than 60% completion of Assignments
(calculated by the Learning Management System)

+

Participation of 50% or more in Video conference based discussion
(as measured by the software)

+

A score of $\geq 50\%$ in the FINAL ASSIGNMENT

Assignments would be in the form of Multiple choice questions, descriptive questions, and application-oriented write-ups.

Certificate will be awarded only to Course Completers. No certificate for Participation.

Course Fee: NIL

Team

Program Co-Ordinator: Dr. Juhi Gupta, Asst. Professor, Psychiatry
Course Co-Ordinator: Dr. Diptarup Chowdhury, Asst. Professor of Clinical Psychology
Team Support: Dr. Priya Saxena, Mr. Deepshri Phukan, Ms. Lakshyahira Borah
Mr. Surchandra Sharma, Dr. PAbhishek

